

## ABSTRACT OF THE DISCLOSURE

### CARBOHYDRATE AND ELECTROLYTE REPLACEMENT COMPOSITION

**[00233]** The present invention discloses novel compositions and methods. These compositions and methods may be used to attenuate or reverse the effects of dehydration or other adverse effects of exercise, heat or other activity which causes bodily fluid loss. The novel compositions comprise carbohydrates, electrolytes and water along with flavoring agents.